

PATIENT POST-OPERATIVE INSTRUCTIONS

Achilles Tendon Repair

1. DRESSINGS AND STERI-STRIPS

- In general, you can begin showering 2-3 days after surgery, as long as the dressings have been removed/changed.
 - Your dressings will be removed, checked and changed at your first post-operative appointment approximately 3-6 days after surgery.
- Do your best to keep the surgical site dry.
 - Make sure to towel dry/dab the surgical site, however DO NOT rub the area.
 - We recommend using cling or saranwrap around the surgical site to keep incisions dry.
- Do NOT submerge the leg (ie. hot tub / bath, swimming, etc) until at least 2 weeks after surgery.

2. ACTIVITY

- You will be **non-weight bearing** on the operative leg for the **first 4 weeks** after surgery.
 - We recommend using a knee scooter to help with movement during the initial 4 weeks of non-weight bearing.
 - Once released by Dr. Berry, you can transition to crutches to assist with partial weight bearing while wearing the boot.
- You will also be placed in a tall walking boot with an achilles wedge insert.
 - You achilles wedge insert will be modified throughout your recovery.

3. PHYSICAL THERAPY

- No physical therapy or range of motion for the initial 2 weeks after surgery.
- Your first physical therapy session should occur approximately **2 weeks after your surgery**.
 - A physical therapy prescription will be provided to you at one of your post-operative appointments when you are released to begin outpatient therapy. Please follow the instructions that the medical assistant has given you.
- It is recommended that you attend physical therapy **2-3 times per week** for the first 3-4 weeks after being released by Dr. Berry, with exercises performed daily at home.
 - People often ask if they can do this on their own, or do it with a trainer at the gym, our answer is NO!

SPORT Orthopedics & Rehabilitation

DALLAS 19200 Preston Road | Suite 120 | Dallas TX | 75252

FRISCO 9255 Dallas Parkway | Suite 120 | Frisco TX | 75033

TEL 469.200.2832

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FAX 469.269.1074

WEB www.SportsMedTexas.com

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4. PAIN

- Local anesthetic has been placed into your ankle – this will wear off in 6-8 hours after surgery.
- You have been provided with a prescription for several different medications that when used together will provide the most effective relief after your surgery.
 - Read each bottle carefully and follow instructions
- Once you no longer require narcotics for pain control, switch to Extra-Strength Tylenol as required, but do not take Tylenol with the narcotic.
- Use an ice pack or cold therapy delivery system for 20 mins every hour while awake to help with pain and swelling.

5. BLEEDING AND SWELLING

- It is common to have some spotting through the dressings following surgery. Place an additional dressing over the area if this occurs.
- The incisions may continue to “leak” fluid after removal of the initial dressing – this is common and should not raise concern. Place an additional bandage or Band-Aids over the incisions to help them heal. Keep the incisions clean and dry.
- When sitting or lying, keep your leg elevated with several pillows placed under the ankle (not the knee) to help decrease swelling and relieve pain.

6. DIET

- Resume your regular diet following surgery – drink plenty of fluids!
- Add additional fiber to your diet to help relieve the constipation associated with the pain medication.

7. RED FLAGS

- Complications after an Achilles Tendon Repair are very rare but can occur. If you develop any of the following symptoms go to your nearest emergency department for assessment:
 - Increasing calf pain / swelling that does not improve with elevation and ice
 - Shortness of breath
 - Chest pain
 - Redness and purulent drainage around the incision

8. POST-OPERATIVE VISIT

- Your first post-operative visit is scheduled for: _____

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